

Family Resource :

Augustas Serapinas: *Physical Culture*

Move/Create/Repeat

Gallery 2 & 3

In this exhibition, Augustas is thinking about what it was like for him as an art student, practising the same things again and again. This is a bit like going to the gym, where people repeat the same movements to get stronger.

The gallery has been turned into a space that is part gym and part art school.

He has made gym machines with sculptures from his art school.



Materials

- Black Cord
- Drawing tablet
- Colourful Sensory Spots
- **Red Creative Cards**
- **Blue Movement Cards**



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Instructions

In this activity we'll explore role play, movement and drawing to imagine different ways we can use the space.

There are two types of cards:

Blue Creative Cards

Red Movement Cards

Pick out the cards one by one to create a 'workout routine'.



You could add your own ideas too.

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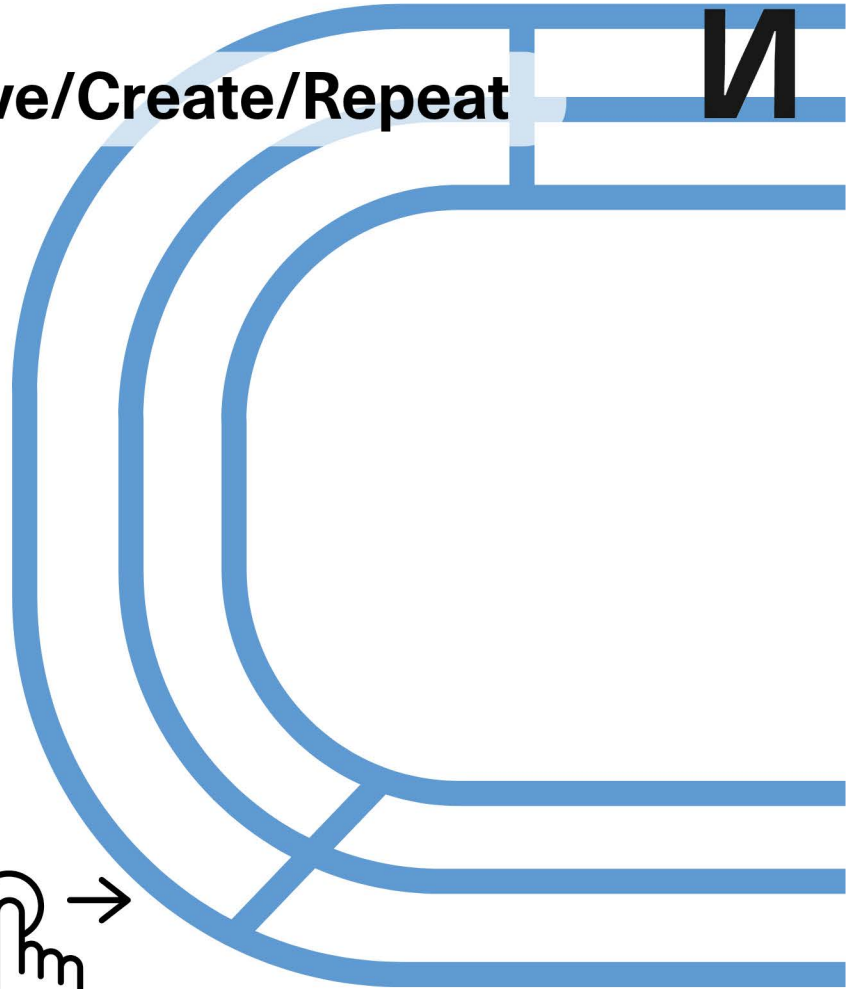
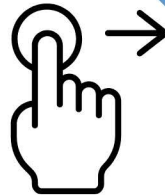


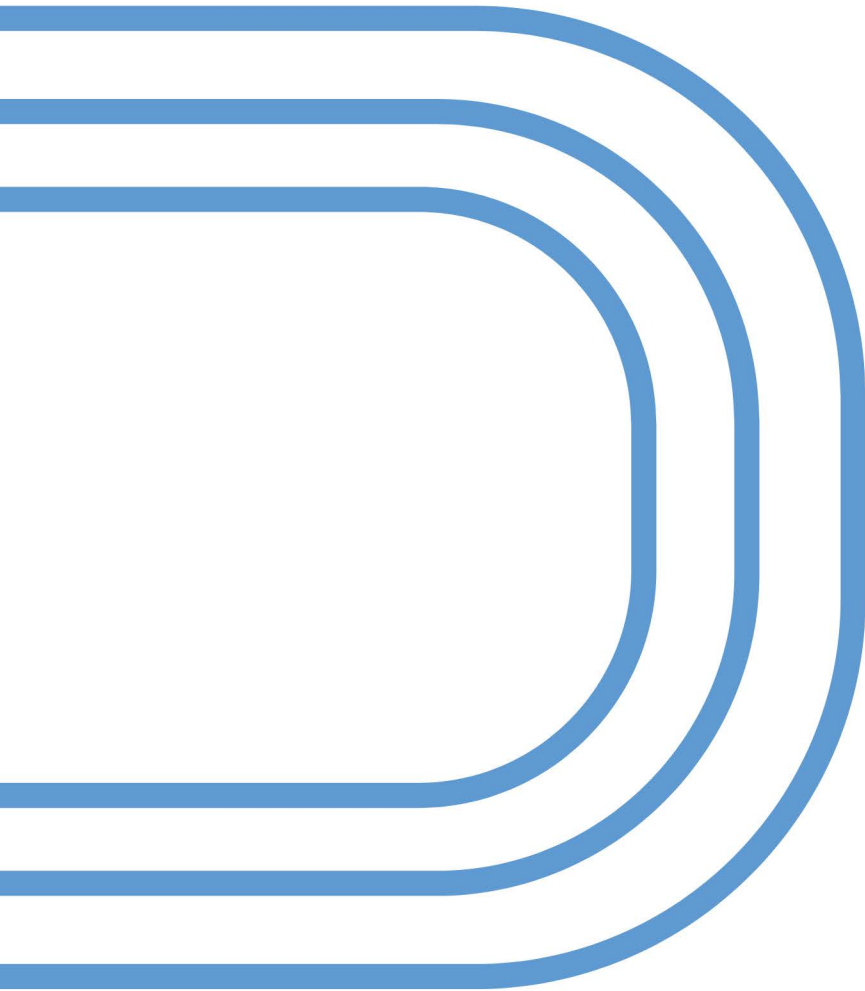
Reflections

Did you notice the running track lines on the Creative & Movement cards?

Try matching the lines up to each other to make your own mini running track.

Run your fingers along your track.





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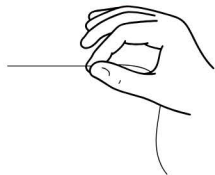
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Draw an outline of one of the heads using the black cord.

Try doing it again. How about again?
...and again?



CREATIVE CARD

Draw an outline of what you see in front of you using your finger.

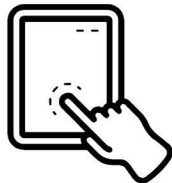
How many times can you do it?



CREATIVE CARD

Draw the person next to you on the drawing tablet, as they slowly move.

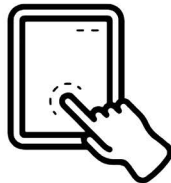
Does it look the same if you do it again?



CREATIVE CARD

Draw a line back and forth on the drawing tablet.

Try doing it 20 times!



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Make yourself as big as you can, now
make yourself as small as you can.

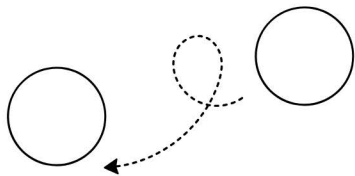
Try another 3 times.



MOVEMENT CARD

Create a pose on each coloured spot,
moving from one to another.

Can you remember the order and do it
again?



MOVEMENT CARD

Imagine lifting something really heavy above your head.

Lift it 10 times - does it get heavier?



MOVEMENT CARD

Sit on the floor and draw an outline of a sculpture using your foot.
(Don't get too close!)

Try it 4 more times starting really slow, and getting faster.

